



GROUP EXERCISE SCHEDULE

Effective 6/5/26

YMCA OF MIDDLETOWN
 81 Highland Ave.
 Middletown, NY 10940
 (P) 845 344 9622
 www.middletownymca.org

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|--|--|--|--|--|
| 8AM-8:45AM STACKED (S) Diana | 9AM-9:45AM STRENGTH & CONDITIONING (S) Chelsy | 8AM-8:45AM LIGHT & LIVELY (S) Laura | 5:30AM-6:15AM CYCLING (C) Stacey | 9AM-9:45AM CYCLING (C) Jen C | 8AM-8:45AM PILATES (S) Patricia | 8:45AM-9:30AM SPIN INTERVALS & ARMS (C) Stacey/Chelsy |
| 9AM-9:45AM CYCLING (C) Diana | 9AM-9:45AM CYCLING (C) Jen C | 9AM-9:45AM SPIN INTERVALS & ARMS (C) Chelsy | 8AM-8:45AM TRX STRENGTH & STRETCH (S) Laura | 9AM-9:45AM STRENGTH & CONDITIONING (S) Chelsy | 8:30AM-9:15AM CYCLING (C) Daniel | 9AM-9:45AM FISTS OF FURY (B) Danny |
| 9AM-10AM POWER PUNCH + KICK (BR) Boxing Room Val | 9:15AM-10AM ZUMBA (G) Jourdan | 9AM-9:45AM STRENGTH & CONDITIONING (S) Laura | 9AM-9:45AM CYCLING (C) Laura | 10AM-11AM TABATA (S) Val | 9AM-9:45AM TABATA (S) Diana | 10AM-10:45AM BASIC CORE & STRENGTH (S) Jen O |
| 11AM-12PM YOGA (S) Jen C. | 10AM-11AM Y PUMP (S) Val | 10AM-11AM STEP & SWEAT (S) Val | 9AM-9:45AM SURPRISE SWEAT & STRENGTH (S) Chelsy | 10:15AM-11AM ZUMBA (G) Jourdan | 10AM-11AM YOGA (S) Patricia | 11AM-11:45AM HOT YOGA (SS) Leighton |
| 5:30PM-6:15PM TOTAL BODY BURN (S) Maria | 11:15AM-12:15PM YOGA (S) Denise | 11AM-11:45AM GOLDEN GLOVES (B) Inst. Rotate | 10AM-10:45AM Y PUMP (S) Maria | 11AM-11:45AM GOLDEN GLOVES (B) Danny | 11:15AM-12PM ZUMBA (S) Orlando | 11AM-11:45AM ZUMBA Danny |
| 6:30PM-7:15PM H.A.B.I.T (S) Diana | 2:15PM-3PM SENIORCIZE (W) Mark | 5PM-5:45PM TRX (S) Diana | 11:15AM-12:15PM YOGA (S) Denise | 11:15AM-12:15AM MINDFUL CORE MOBILITY (S) Larissa | 11AM-11:45AM FISTS OF FURY (B) Inst. Rotate | 12:15PM-1:15PM YOGA (S) Leighton |
| 7:30PM-8:15PM ZUMBA (S) Orlando | 5:15PM-5:45PM TABATA (S) Diana | 6:30PM-7:15PM BASIC CORE & STRENGTH (S) Jen O | 2:15PM-3PM SENIORCIZE (W) Mark | 5PM-5:50PM PILATES (S) Instr. Rotate | | |
| | 6PM-6:45PM CYCLING (C) Stacey | | 5:15PM-6PM CIRCLE MOBILITY (S) Daniel | 6:05PM-6:50PM ZUMBA (S) Danny | | |
| | 6:15PM-7:15PM YOGA (S) Inst. Rotate | | 6:15PM-7PM ZUMBA + LIFT (S) Daniel | B = Boxing Room C = Cycling Studio S = Studio SS = Small Studio W = Wellness Center | | |
| | 7:45PM-8:30PM ZUMBA (S) Jon | | 6:30PM-7:15PM CYCLING (C) Jen O | | | |
| See the POOL SCHEDULE for available Aquacize classes . | | | | | | |

2 FREE FITNESS TRAININGS

Speak to our Wellness Staff for details and to schedule your appointment.

PERSONAL TRAINING

- 1 Session \$60
- 3 Sessions \$144 (1st Time Special)
- 3 Sessions \$166
- 5 Sessions \$265
- 10 Sessions \$480

NOTES

- Classes are held in the Group Exercise Studio unless otherwise noted.
- YMCA MEMBERSHIP required.
- You may bring a MAT or use ours.
- Bring plenty of WATER & a TOWEL.
- All classes, instructors, times & days are subject to change.
- Check our app for daily updates.

Basic Core and Strength – A basic strength class that will focus on toning the body and core through full body exercises. This class will help to build a strong foundation using functional exercise and core movements. The class will mainly use dumbbells and floor exercises with an emphasis on proper form and modifications will be offered.

Circle Mobility – A class focused on functional movement which will incorporate flexibility, breathwork, and mobility exercises. through a mix of Pilates moves and yoga poses. All levels welcome and modifications will be given.

Cycling – Gear up for a cycling class designed to enhance strength, endurance, and speed. Each week focusing on different training aspects. Push your limits through progressive sessions that will give you a great workout. All fitness levels welcome.

Fists of Fury – A 45 minute circuit based class with a combination of boxing basics and calisthenics to increase the heart rate, developing strength and endurance. This will leave you drenched in sweat! Box and burn those cares and calories away. Modifications are always available

Golden Gloves – A low impact boxing class that will allow you to get your heart rate up boost your cardio through moves that will help to improve your balance, agility and coordination through fun and engaging boxing drills.

H.A.B.I.T. – (Hips, Abs, Buns, Incredible Thighs) A 30–40 minute strength training leg workout that targets the core, thighs and glutes. Class will use free weights, a step and floor exercises to tone your muscles and strengthen your core. All fitness levels welcome and modifications will be given.

Hot Yoga – Our regular yoga class flow class done in a heated room. Helps you to get deeper in various yoga poses and get a little sweat as you flow through the stretches.

Light & Lively – A class for beginners & the active older adults. Class includes light cardio and exercises for fitness, strength, balance and flexibility.

Mindful Core Mobility – This dynamic class is a fusion of Yoga, Pilates, core and full body stretching. Designed to improve your core stability, enhance mobility, and increase your overall body awareness. All fitness level welcome.

Pilates – Condition the mind and body to strengthen the body's core unit. A series of exercises will help to develop strength, flexibility and core strength. All levels welcome

Power Punch + Kick – Learn proper boxing/kickboxing technique to execute various punches combined with kicks and lower body moves to give you a full body cardio and strength workout. All levels welcome

Seniorcize – A group exercise class designed specifically for the active older adult. The class is led by two certified personal trainers who utilize the Cybex strength equipment, hand weights, physio balls, and indoor track. Benefits from this class will include improved: strength, flexibility, balance, cardiovascular endurance, and core stability.

Spin Intervals & Arms – A combination of all the great cardio and lower strength of spin and integrating an upper body workout will give you total body training . All fitness levels welcome.

Stacked – Start with one exercise and keep adding on more as the class goes on. This full body workout get's your heart pumping and leaves you sweating and feeling great. All fitness levels welcome.

Strength & Conditioning – This class alternates between free weights, exercise tubing, stability balls, or other strength training and conditioning activities. All fitness levels welcome

Step & Sweat – Combining a classic cardio workout with interval training with dumbbells for upper and lower body strengthening this workout will give your body all it needs. Class will end with core training. Adaptable for all fitness levels.

Surprise Sweat & Strength – Challenge our body and mind with new moves and formats every week. You'll love the unexpected and full body workout. All fitness level welcome and modifications will be given.

Tabata – Interval Training offers more health benefits than traditional cardiovascular exercise. You will work hard for 20 seconds and rest for 10 seconds for a series of 8 intervals (a total of 4 minutes). Routines and timing vary with each class. This workout increases endurance and stimulates fat loss.

Total Body Burn – This class will work all your major muscle groups using weights, the step and your own body weight to get your heart pumping and give you that burn you want. All levels welcome and modification will be offered.

TRX – The TRX Suspension Trainer leverages gravity and your body weight to perform hundreds of exercises. Challenge yourself by adjusting your body position to increase or decrease resistance.

TRX Strength & Stretch – Use your own body weight to strengthen muscles and enhance flexibility utilizing the suspension bands. Beginner friendly but all levels of fitness will benefit from this workout.

Y PUMP – This workout challenges all of the major muscle groups by using the best weight room exercises like squats, lifts, presses, and curls. Choreographed exercise along with your choice of weights. All fitness levels welcome.

Yoga – Increase flexibility, enhance breathing, reduce tension, improve quality of life, and create connection with your family. Leave feeling stress-free and re-energized. All fitness levels welcome. Families welcome – ages 6 & up.

Zumba – This fusion of Latin and international dance music with easy-to-follow steps, provides aerobic fitness interval training through a combination of fast and slow rhythms to tone and sculpt your body. Families welcome – ages 6 +.

Zumba+Lift – Where rhythm meets results! This music driven workout fuses the high energy fun of the ZUMBA program with the muscle sculpting power of strength training. Help burn fat and build strength through intervals of dancing and weight lifting. All levels welcome.